

10 Food



Food helps our body to grow. We should eat healthy food and avoid junk food.

See the pictures along with name and write 'H' for healthy food and 'J' for junk food :



1 Juices



2 Dal



3 Cake



4 Milk Products



5 Burger



6 Chapati



7 Noodles



8 Soup



9 Fruits



10 Pizza



11 Vegetables



12 Cold Drink



Milk is known as complete food.